

**FREDERICK COUNTY COMMISSION ON AGING MINUTES
DEPARTMENT OF AGING
October 12, 2015**

COA MEMBERS	DOA STAFF	EXCUSED	UNEXCUSED	GUESTS
Ernell Graham	Kitty Devilbiss	Mary Beachley		Jen Fifield
Carol Haag	Sue Ramsburg	John Brown		Kate Nash
Tom Lawler	Carolyn True	Elizabeth Chung		Cindy Powell
Dianne Lewis		M.C. Keegan-Ayer		Thea Ruff
Tish Raff		Randy McClement, Mayor		
Bobbie Speace		Katie Rhinehart- Hemler		

- I. **Call to Order** – Carol Haag called the meeting to order at 1:03pm.
- II. **Welcome & Introductions** – Carol welcomed all attendees. Guests were present at today's meeting so introductions were done around the room.
- III. **Action on the Agenda** – No new agenda items.
- IV. **Approval of Minutes** – The minutes of the September 14th meeting were approved. Bobbie Speace made a motion to approve the minutes and Tish Raff seconded the motion. All were in favor.
- V. **The Role of the Ombudsman Program in Long Term Care/How to choose a Long Term Care Facility, Mia Brust** – Mia is the Long Term Care Ombudsman for Frederick County. She is the advocate for all residents in nursing homes and assisted living facilities. The

goal of the program is to promote a high quality of life for those living in long term care facilities. This program is mandated as part of the Older Americans Act legislation. Some of the issues that an Ombudsman may handle are resident rights, involuntary transfers/discharges, quality of care, abuse/neglect, privacy, and complaints. There are nine nursing homes in Frederick County which are monitored by the (OHCQ) Office of Healthcare Quality which is a state agency. The agency does an on-site survey every twelve to fifteen months. These surveys are available on-line at the OHCQ and also in the lobby of the individual nursing home. The surveys are computer generated to ensure consistency across the state. The survey team will call the Ombudsman to let them know they are in the facility. Staffing is a prevalent issue. There are forty random samples reviewed. The team will tag issues and give the facility an opportunity to correct the issue. The OHCQ is a last resort for complaints. Mia receives calls and/or email with complaints. She completes a visit to the site within two business days.

The best way to decide an appropriate nursing home for your family member is to visit the facility. Residents in long term facilities can be various ages. Sometimes traumatic brain injuries and/or drug related injuries may lead to much younger than expected residents. There are twenty-two assisted living facilities in Frederick County. The level of care is less skilled in these facilities however, the medical care needs for residents living in assisted living facilities has increased over the last decade. Residents in assisted living can normally attend to some of their own activities of daily life (ADLs). The cost of care is based on the level of care required. There are some smaller assisted livings which are home based. Assisted living have less skilled staff and are subject to less government regulations.

Mia also discussed future projects being implemented. With assistance of a dental hygienist student from the University of Maryland, she developed an educational DVD called "A Healthy Smile at Any Age". Dental health and hygiene is an important aspect of overall health and can be overlooked. The DVD will be distributed to local facilities to be used as an educational opportunity for nursing staff. Mia will be working with the Caregiver program to implement a music and memory program. Caregivers will be interviewed and making a life soundtrack for the impaired person. The interview will be very extensive and will do a recap of music attached to significant events during the lifetime of the recipient. The goal is to use the soundtrack to reduce the need for psychotic medications and relieve behavior issues. The State Ombudsman has requested Mia to sit on a nursing home oversight committee which will trend prevalent ongoing issues with the overuse of antipsychotic medications. The State is also reviewing future funding for Medicaid residents. They

are considering flat fee funding as opposed to the current tiered system. There may be more regulation for assisted living facilities in the future. Nursing homes may invest in specialty units to increase their revenue.

Maryland Ombudsman were recently required to test and receive certification. There was a four part module and testing component. This was to address the Standard of Practice in the program statewide. Volunteers will need to become certified as well.

VI. Director's Report, Carolyn True -

Carolyn stated that she has begun work on the fiscal 2017 budget which is due in early November. The appeal process will be in February/March. An employment offer has been made for the Program Specialist position which was accepted. Ian Zile will begin working on November 2nd. An offer will be made to the Volunteer Coordinator candidate and the hope is to have her on board in early November as well. The MAP Coordinator has been advertised but no interviews have been scheduled as yet. There are fifteen candidates appropriate for the interview process. Carolyn has no statistics at this point, but will share her report within the next day.

VII. Business Task Force Update, Tom Lawler – Tom reported the BTF has been working with SHRM (Society for Human Resources Management) to develop a guide the business community can use to make their member/employees aware of what is available as resources for caregiving. SHRM requested the information be simplified into a one sheet resource page which is in the works. A second project is an April seminar with a keynote speaker. It may be directed to Human Resources personnel with CEUs made available.

Update on Citizens Services, Pat Rosensteel – Pat was unable to attend today's meeting. No report.

Elder Expo, Ernell Graham – Ernell stated that set-up will begin at 8:30 and the events will end at 2:00. Carol stated this is an opportunity to recruit for new members.

State CoA Meeting, September 24, Carol Haag, Dianne Lewis – Carol and Dianne attended the September meeting. There were representative from CoA in other areas of the state. AARP presented the Maryland results from a recent national opinion survey. In Maryland forty-one percent of older adults (50 and older) are members of AARP so this does not include all demographics. However, higher income AARP members had concerns which were similar to lower income/isolated seniors.

There was also a session regarding MAP (Maryland Access Point) at this meeting. There was discussion on how the funding has changed to a fee for service and a focus on those who qualify for Medicaid. Carolyn shared that the MAP originated as a one stop shop which allowed citizens to access multiple programs at one point. This grant based program has evolved into a fee-based screening point. Staff at the Dept of Aging will do a “level one screening” assessments to determine if the citizen qualifies for Medicaid services. If so, this time can be submitted for reimbursement. The next step would be for the Health Department to do a level two screening. The goal is to add clients to the registry. The focus of MAP has changed and is now the level one screen for Medicaid recipients. The new MAP coordinator will do the level one screens as well as connecting clients with needed services. Staff paid with federal grant funds cannot receive reimbursement from completing level one assessments. There was also a panel discussion on community outreach to connect with seniors who don’t come into agencies seeking services. There was discussion regarding the LGBT community and services they may need.

Funds for Commissions and Boards, Carolyn True – Carolyn stated that this type of funding needs to be requested during the appeals process and a specific amount would need to be requested.

Staff Report for the CoA Legislation, Carolyn True, Pat Rosensteel, Carol Haag – Carol will set up a meeting with M.C. Keegan-Ayer to find out what is needed to make changes to the ordinance and by-laws. This ordinance places strict limitations on membership for this Commission. There is a report needed from staff as part of this process. Carolyn states that all other county Commissions are entering similar processes.

VIII. New Business, Carol Haag –

Cindy Powell was present at today’s meeting and spoke briefly on the news regarding CCRC/Montevue. County Executive Jan Gardner held a press briefing on Friday afternoon to announce an agreement has been met on the management of these facilities. There are no details available at this time. The full transition may take up to twelve months to complete. There will be no abrupt changes regarding staff and/or residents. Now is the time to advocate for more transparent request for proposal (RFP) process and better management with citizen oversight. It is also a good time to advocate for a solid continuum of care with more housing options and community care to maximize the potential of these facilities. CCRC has a ventilator unit and is capable of providing outpatient rehab services both would generate additional revenue.

Cindi is on the Senior First team which was appointed by CE Jan Gardner to focus on senior issues. They have had their first meeting and will be working with the Dept of Aging to work on implementing the results of the Needs Assessment. Cindi and Melanie Cox are Co-Chairpersons and Mary Beachley is the Vice-Chair.

IX. Nominating Committee, Katie Rhinehart-Hemler - No report at this time.

By-Laws Committee, Dianne Lewis, Carol Haag – There are enough members at today's meeting to vote on the changes to the by-laws. The changes were very minor. Members have received a copy of the changes via email. Dianne made a motion that the changes be accepted. Bobbie seconded the motion. All were in favor.

Partners in Care, Ernell Graham – Ernell reported on information that was presented at the PiC meeting held earlier today. She gave the statistics from the August 1 through September 30th timeframe. PiC participated in the recent Unity Campaign and will receive a portion of these funds. Sarah has a new volunteer who is an Americorp volunteer. She will have this paid volunteer for eleven months. She will assist with interviewing and training volunteers.

United Seniors of Maryland (USM), Tish Raff – Tish reported that Secretary Rona Kramer came and spoke at the meeting. Secretary Kramer spoke about her goals for the MD Dept of Aging. She is open to new ideas. She has been able to incorporate a requested 2 percent cut to the budget with no decrease to services.

X. Announcements -

There will be a CoA retreat on October 26th from 10:00 until 1:00pm. There will be a discussion on an annual report and recommendations.

The Community Health Fair will be held on October 24th. Two thousand people are expected to attend for free health screenings. Let Carol know if you are interested in volunteering for this event.

The Emmitsburg Senior Center will be having a Veterans events on November 3rd at 6pm. The Dept has partnered with FMH and the MVA to offer a training to clinicians to identify older adults who may need to stop driving. This will be held on November 10th at 8:00am at Frederick Memorial Hospital. CEUs will be available for professional attendees.

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XI. Public Comment –

XII. Adjournment -
The meeting adjourned at 2:45 pm.

Respectfully submitted,

Susan M. Ramsburg
Recording Secretary